

GRANTEE: University LifeCare Center

Positive Alternatives 2014 - 15 Quarterly Update

GOAL: To provide high quality medical pregnancy support services to our clients, to provide after-hours support for clients in crisis, to implement a pregnancy-health and life-skills program, and to connect clients in need of these services with our center

For the period: **April 1 - June 30, 2015**

| Activity or Service | Activity or Service Description | Work Plan Count | Program Progress and Accomplishments | Report Count |
|--|---|-----------------|---|--------------|
| | Major Work Plan Activities | | Report the progress and accomplishments made this period on each activity. | |
| Administrative Activities | Executive Director (ED) administers grant program and grant staff. | | The Executive Director and Clinical Director continue to provide many hours of work each month administering the PAA Grant program. | |
| Car Seat Program | Facilitate car seat instruction through partner organization; car seat is provided through incentive program or participant's insurance | 1 | One client requested assistance with obtaining a car seat this quarter. | 1 |
| Crib Distribution/ Sleep Safety Education | Provide sleep safety education; crib is provided through application process or incentive program | 2 | Clients continue to receive sleep safety education to ensure a safe sleep environment for their infants. Clients complete a minimum of three educational steps in pregnancy parenting and life skills in order to receive a Pack-n-Play | 1 |
| Life-Skills Education Program | Assess educational needs; provide life-skills education to support optimal health in an incentive program | 1 to 2 | In addition to specific life skills education topics, clients continue to participate in goal setting as a part of our curriculum so that all clients can develop the skill of planning and setting goals | 6 |

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| Mental Health | Determine program eligibility; provide assessment and treatment planning; provide psychotherapy, referrals and resolution | 25 | Due to transitions in approach to staffing this program, we are currently seeing fewer clients in this program, but anticipate that changing this fall. Pregnant and parenting women benefit from treatment for their peri and post-partum mood disorders. Our mental health clinicians facilitate a secure attachment between our clients and their infants- providing a foundation for life-long resilience. | 1 |
| Nutrition | Provide prenatal vitamins to pregnant clients | 4 | Clients who have a postive pregnancy test are offered prenatal vitamins approved by our medical director. | 3 |
| Parenting Education | Assess educational needs; provide parenting education to support optimal health in an incentive program | 3 | We continue to serve clients in this program. Parents are choosing from a variety of topics including safe sleep techniques and breastfeeding. | 1 |
| Pregnancy Education | Nurse Manager provides medically accurate pregnancy information in response to client requests | 5 | Our nurse manager provides pregnancy related information to all ultrasound clients and responds to phone requests for pregnancy related information during office hours. | 10 |
| Pregnacy Education | Assess educational needs; provide pregnancy education to support optimal health in an incentive program | 3 | Clients are choosing from a wide variety of topics such as smoking cessation, birth defect prevention and delivery. | 1 |
| Pregnancy Testing | Provide assessment for program eligibility, counseling and testing; provide resources and referrals | 12 | Pregnancy test clients are provided medically accurate information about their pregnancy options. Our mental health clinicians provide emotional and practical support and referrals to necessary services. | 10 |

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| Ultrasound | Conduct limited obstetrical ultrasound exams; provide post-exam help and instructions | 6 | We continue to provide ultrasounds to clients, as well as post-exam help and instructions | 3 |
| Evaluation | <i>Women received car seats and car seat safety education from a PA funded program activity</i> | | We assisted the majority of our clients needing car seats to obtain them through their medical insurance benefits this quarter. | 1 |
| Evaluation | <i>Women received car seat safety education only from a PA funded program activity</i> | | A few clients may view our Car Seat Safety DVD, though most clients are referred for more comprehensive training by a certified car seat safety educator. | 1 |
| Evaluation | <i>Women received child abuse prevention education from a PA funded program activity</i> | | One of our clients opted to receive preventive education. | 1 |
| Evaluation | <i>Women received abusive head trauma education from a PA funded program activity</i> | | Clients continue to receive the option to receive abusive head trauma education. | 0 |
| Evaluation | <i>Women received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i> | | We continue to provide pack-n-plays to our clients along with sleep safety education. However, clients needing these resources this quarter received them through Cradle of Hope. | 0 |
| Evaluation | <i>Women received sleep safety education only from a PA funded program activity</i> | | We continue to provide pack-n-plays to our clients along with sleep safety education. However, clients needing these resources this quarter received them through Cradle of Hope. | 0 |

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| Challenges | | | | |
| Comments | | | | |